



- ☐ Teens should be responsible for daily dental care.
- ☐ Brush and floss daily to control the germs that cause bad breath, gum disease and tooth decay.
- ☐ Brush teeth, gums and tongue after every meal. Use a small, jigging motion with the bristles angled to the gums. Use a pea-sized amount of fluoride toothpaste. Floss teeth daily.
- ☐ Use a mouthguard for sports.
- ☐ Take your teen to see a dentist yearly. Ask about fluoride, sealants, braces, wisdom teeth and mouthguards.
- ☐ Limit sweets to prevent dental cavities.

- ☐ Have 3 meals and 3 snacks daily. Give a variety of food with:
 - 5-9 servings of vegetables or fruits
 - 7-11 small servings of breads, cereals, or grains
 - 3 cups of nonfat, 1% or 2% milk, cheeses or yogurt
- ☐ 3 servings of protein foods, like lean meats, poultry, fish, eggs, or dried beans
- ☐ Start each day with breakfast for better learning. Leftovers are quick and easy to fix.
- ☐ Offer healthy foods at meals and snacks:

Nonfat, 1% or 2% milk	juice	tofu
peanut butter	bean burrito	unbuttered popcorn
wheat toast	lean meats,	yogurt
chicken	crackers, nuts	raw vegetables
fresh fruit		cheese sandwich
		unsweetened
		dry cereal
- ☐ Drink water when thirsty. Limit fast foods, soda, punch, fruit juice and other sweet drinks.
- ☐ Buy foods low in fat, sugar and salt.

HEALTHY SNACKS



Growing Up Healthy



Name: _____

Height: _____ Weight: _____

Today's Date: _____

Next Appointment:

Date: _____ Time: _____

Keep emergency numbers handy:



Police, fire, ambulance: Call 911

Poison Control Number: 1-800-876-4766

- Learn Adult CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.
- Have a carbon monoxide alarm.



Health and Safety

- ❑ Remind your teen about water safety.
- ❑ Remind your teen:
 - To use a seat belt for every ride.
 - Not to ride in the back of pick-ups.
 - To wear a helmet and knee, wrist and elbow guards when using skates, bikes and skateboards.
- ❑ Warn teen about danger of hearing loss with loud music.
- ❑ Talk to your teen about not hitchhiking, personal safety and peer pressure.
- ❑ Talk about avoiding gang activities or group violence.
- ❑ Ask your teen not to accept anything from strangers or go with them, and to tell you or a trusted adult about a stranger.



Parenting Tips

***Spend time with your teen.
Most of all, listen to what he
or she has to say.***

What to Expect

- ❑ Your teen:
 - Will be growing and developing rapidly.
 - May have a large increase in appetite.
 - Tends to think in the present time.
 - Will begin to seek some independence from your family.
 - May disagree with you and may have temper outbursts.
 - May be very involved with peers.
 - May get acne; teens are very concerned with looks.
 - May have questions about drugs, alcohol and sexual activity.

What You Can Do

- ❑ Give your teen lots of praise and affection.
- ❑ Encourage outdoor and community activities. Limit television and video games. Make time daily for homework. Support staying in school.
- ❑ Respect your teen's privacy such as: mail, phone calls, bathroom and bedroom.
- ❑ Discuss and set rules, limits and penalties.
- ❑ Have a talk about: drugs, alcohol, sex and AIDS, peer pressure, ways to say no and good friendships.
- ❑ Avoid street drugs, tobacco use and alcohol. Your teen wants to copy your actions. Be a role model.

If you find yourself about to hit or harm someone, even yourself, call a "Hot Line" or a friend for help.

13 - 16 Years

Health and Safety

- ❑ Encourage your teen to exercise daily, such as: track, tennis, swimming, hiking and playing sports.
- ❑ Your teen should keep skin, nails, hair, genitals and body clean; wear clean clothes; and wash hands with soap and water before eating. Wash bed sheets weekly.
- ❑ Teach your teen skin care and how to do breast or testes self-exams.
- ❑ Talk with your teen about not using street drugs, alcohol or tobacco. Also talk about AIDS and other sexually transmitted diseases and responsible sexual behavior - either abstain or use condoms.
- ❑ Take your pregnant teen to see a doctor for early and regular prenatal care.
- ❑ Warn your teen about tobacco smoke.

